

SCHOOL OF COUNSELLING

Counselling and Psychotherapy
Arts Therapy

WHAT TO EXPECT DURING YOUR ADMISSIONS INTERVIEW

Congratulations on being accepted to the next stage of admission, the admissions interview.

Becoming a psychotherapist requires high-level relational competence, behavioural stability and communication skills. Your readiness to embark on the transformational education experience that will teach you to deliver quality psychotherapy to those in need will be evaluated during the admissions interview. This will require you to present yourself in your most professional capacity. Of course, we don't expect you to be job-ready therapist now! We simply want to ensure there is a good match between your abilities, your career goals and the demands of these courses.

Interview Structure

The admissions interview is 30 minutes in duration with an academic from the School of Counselling.

You will have already provided some information about yourself in your pre-interview questionnaire, but additional questions will be asked during the admissions interview to better understand your reasons for wanting to study psychotherapy and make sure you are aware of what the course involves.

Interview Preparation

The key to successful performance at an admissions interview is preparation. To prepare for your interview, re-familiarise yourself with your application and pre-interview questionnaire answers. Think about points you want to make in the interview and be prepared to elaborate on anything you've shared about yourself so far.

It is also worthwhile to consider the following:

- What you currently know about art therapy/psychotherapy and what draws you to the course at this time.
- What books, if any, you are reading in any field related to mental health and the human experience.
- Your capacity to deal effectively with the stress of various assignments being due simultaneously.
- Your competence in working with other people, particularly those you find difficult. Perhaps you have examples of past experiences where you were able to work through issues with other people.
- Your strategies for maintaining emotional and psychological regulation when faced with challenging intellectual, interpersonal or therapeutic situations, such as engaging with others with ideas and world-views very different from your own.

Thinking about these questions ahead of your interview will help you articulate how you are growth-oriented and why studying to become a psychotherapist is meaningful to you and within your capacity at this time.

The interview is also an opportunity for you to decide whether this course and career is a good fit for you. Ask questions.

Being interviewed is a skill, and like any skill it requires practice. So sit down with a family member or a friend and have them ask you their best admissions related interview questions. Answer them honestly and seriously.

However you prepare, it is important to be honest and be yourself.

Interview performance is evaluated on your communication skills, empathetic and ethical approach, reflective manner, and preparedness for the demands of the course.



QUICK TIPS

Listen to the question.

Take your time. Don't feel pressured to answer immediately.

Say if you don't understand a question. We can rephrase the question for you.

Don't try to bluff your answers. If you don't know the answer to a question, that's OK. Be honest and let us know.

Try to relax. We understand interviews can be nerve-wracking. Remind yourself of your best attributes and remember we want the interview to go well too!

Be honest. Don't be shy.

What will make you a good student?